GET THE CAREER YOU WANT!
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Paralegal

Part time evening program now available!

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

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This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical mknowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

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The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

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Bluesfest injured out of hospital

Relieved organizers of the Ottawa Bluesfest said yesterday the three people who were taken to hospital Sunday night after the MBNA stage collapsed were well enough to go home.

"We're extremely happy that what happened didn't result in any other injuries," said the festival's executive director, Mark Monahan.

Paramedics who treated a 49-year-old man for a puncture wound to his abdomen and a broken pelvis and leg had initially described his condition as "life-threatening." The Ottawa Hospital confirmed he was discharged yesterday.

Another man was immobilized with a suspected spinal injury and a third suffered chest pains.

One of the victims was a truck driver for Cheap Trick, the band performing moments before the stage collapsed.

Mayor Jim Watson, who had been watching from an elevated platform, was safely escorted away.

STEVE COLLINS

STEVE COLLINS/FOR METRO

▶ Bluesfest Executive Director Mark Monahan speaks to reporters yesterday.

Storm leaves damage in wake

Blackouts at nearly 40,000 homes across Ottawa Many will be without power until today: Hydro Ottawa

JESSICA SMITH
@METRONEWS.CA

Ottawans were mopping floors, chopping up downed trees for firewood and making do without power yesterday as the area continues to deal with the fallout of weekend storms.

Cheryl Caswell was doing all of that and reinstalling her air conditioner unit after storm winds blasted it through her house window and into her room around 1 a.m. yesterday. The unit narrowly missed striking one of her sleeping dogs.

"My window air conditioner blew halfway across my room. It was pretty crazy because then the window was wide open and the storm was basically going on in my room," said Caswell.

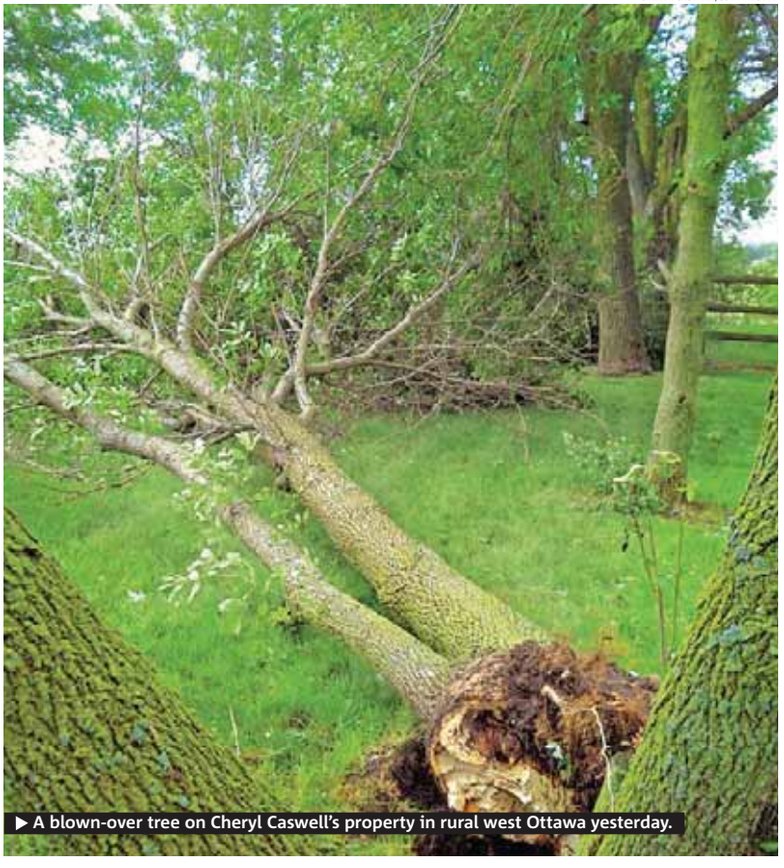
The powerful storm took down a gazebo and two large trees on her property in rural west Ottawa, where she runs a camp for dogs.

"My own dogs were freaked out after the air conditioner blew into the middle of the room ... They all slept downstairs and wouldn't come up."
WEST OTTAWA RESIDENT CHERYL CASWELL

On the other side of the city in Blackburn Hamlet, Stephane Lamarre rushed his kids into the basement after he saw wind tear down a huge branch from a neighbour's tree shortly after 7 p.m.

"They had no clue what was going on. I showed them the big winds and the branch and told them it's time to go in the basement," he said. "We were in a state of panic."

CHERYL CASWELL/CONTRIBUTED



▶ A blown-over tree on Cheryl Caswell's property in rural west Ottawa yesterday.

Committee to mull audit after complaint

The city's election compliance audit committee will consider today whether to audit Rideau-Rockcliffe Coun. Peter Clark's campaign finances — after a complaint that the councillor calls "clearly vindictive, malicious and libellous."

Former city councillor Richard Cannings, who lost to Clark in last fall's election, alleges that personal endorsements and a $500 donation Clark received from Ottawa-Vanier MP Mauril Belanger contravened the Municipal Elections Act, which prohibits contributions from registered candidates in a federal election. An Elections Canada spokesperson said yesterday a sitting MP isn't a "registered candidate" until an election is called.

STEVE COLLINS

News in brief

Fire displaces 7 residents

MOODIE DRIVE. A fire broke out around 2:45 a.m. yesterday, causing about $130,000 worth of damage and leaving seven people displaced from their home. It started in a laundry room that was also being used as a bedroom, fire officials said.

METRO

Safety blitz

OTTAWA OPP. The Ottawa OPP laid 63 distracted-driving charges and three careless-driving charges in a safety blitz that ran from July 11 to 17, officers said. They laid 87 charges during the last campaign.

METRO

1 news

New research ties second-hand smoke to hearing loss in teens. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Can investors ever look forward again to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.

Follow us on Twitter @metroottawa

Driver courtesy tossed out car window: Survey

Some 75 per cent of Canadian motorists say other drivers are rude, incompetent Experts call for return of the simple hand wave

DARRYL DYCK/THE CANADIAN PRESS

▶ A motorist uses a cellphone with a dog on her lap while driving across the Lions Gate Bridge into Vancouver. In a new survey by the Canadian Automobile Association, Canadians say drivers are more annoying than they were five years ago.

Are motorists doing more irritating things than ever? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association think so. The survey, released yesterday, found three out of four Canadians feel drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Numerous surveys and ongoing research by the Insurance Corporation of B.C. also show driver courtesy is eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy, there's a lot of anger out there and people are concerned about running into aggressive drivers," he said.

"The odds are that if we're civil to other people, most — not all — but most will be civil back."
IAN JACK, SPOKESMAN, CANADIAN AUTOMOBILE ASSOCIATION

Topping the list of bad manners in the CAA survey are road rage and being cut off in traffic, with 86 per cent citing those behaviours. Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

"They're all the sorts of things that we were told when we took driving lessons, or did our driving test and first got our licence, that we really shouldn't do," said Ian Jack, a CAA spokesman.

The problem has become so pronounced in B.C. that ICBC launched an advertising campaign reminding people to indicate they're thankful for a traffic kindness.

"We're tying to resurrect the wave," Vavrik said of the simple tip of the hand that is increasingly rare on Canadian roads.

It's not just an issue of bad manners, either. Vavrik said hot-headed drivers are impaired because they don't recognize hazards and make poor judgments.

It's a problem that could lead to injury or even death, Jack said.

"These habits that seem a little bit uncivil are the same ones that could lead you or your loved ones to be killed one day," he said. "This isn't a matter of wearing white gloves and extending your pinky as you turn left and turn right. It's a matter of literally life and death for hundreds of Canadians every year." **THE CANADIAN PRESS**

Hudak says he's not reopening abortion debate

Tim Hudak appeared to shy away from his anti-abortion position yesterday, saying he doesn't plan to revisit the issue if he wins the Oct. 6 provincial election.

When he was running for the leadership of the Ontario Progressive Conservatives in 2009, Hudak's representatives told the Association for Reformed Political Action that he is pro-life and had signed a petition calling for the defunding of abortions. But Hudak seemed reluctant to confirm he had signed a petition when asked about it by reporters.

"I may have signed a petition from my riding in that respect, but listen, let me be clear: We are not reopening this debate," Hudak said yesterday.

However, he refused to say if he still opposes abortion, walking away from the microphone when reporters asked repeatedly if he still considered himself pro-life.

The Campaign Life Coalition, an anti-abortion group, said Hudak was "solidly" opposed to abortion when he first ran for provincial office in 1995, but since then has not responded to any of their questionnaires "nor done anything related to life and family issues."

Finance Minister Dwight Duncan, who supports a woman's right to choose, accused Hudak of flip-flopping on the divisive issue.

"I think his integrity is an issue," Duncan said. "He does one thing and says another and then tries to pretend he didn't do it. People have strong views on this, and he's trying to have it both ways." **THE CANADIAN PRESS**

Big win, Large heart: Jackpot donor dies

MICHAEL GORMAN/THE CANADIAN PRESS

▶ Allen and Violet Large after their win in 2010

A Nova Scotia woman who made headlines around the world for giving away most of a multimillion-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won $11.2 million in a Lotto 649 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were content to continue living in their tiny 147-year-old house.

They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away. **THE CANADIAN PRESS**

BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church is Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009. **THE CANADIAN PRESS**

Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say.

Rumana Monzur, 33, was attacked in June during a trip home to Dhaka, Bangladesh. Her husband is in custody.

She returned to Vancouver this month for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired. **THE CANADIAN PRESS**

Family run raises $22K

A family who ran 600 kilometres from Vernon, B.C., to Vancouver has raised $22,000 for cancer research.

Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later.

They exceeded their goal of raising $20,000, with cash from a text-to-donate number still coming in.

The run was inspired by Terry Fox's cross-country Marathon of Hope in 1980. **THE CANADIAN PRESS**

Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

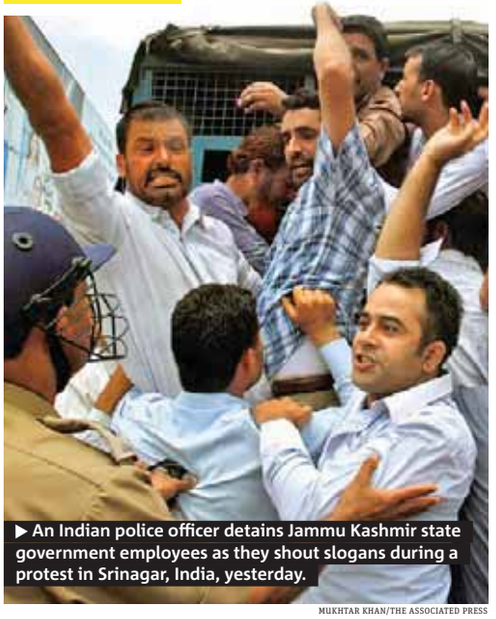
U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today. Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid. THE ASSOCIATED PRESS

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. Up



▶ An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS

Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her. THE ASSOCIATED PRESS

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RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

Potential tax changes to accommodate the tax plans would be developed by the federal government.

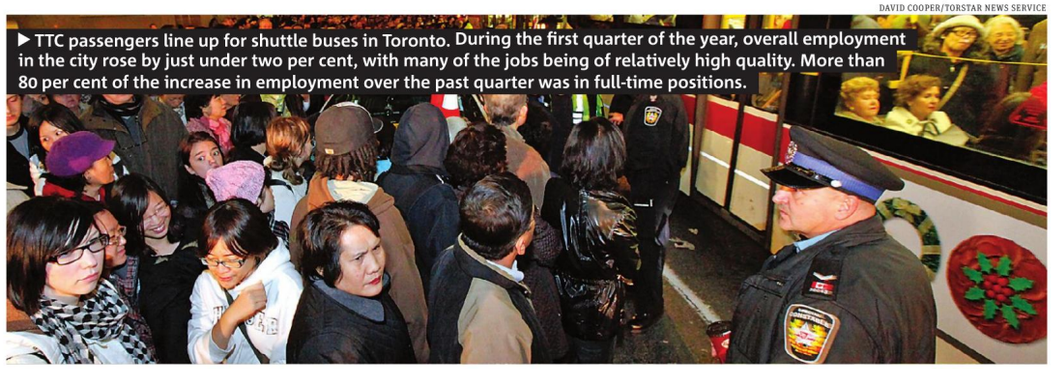
THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 45.40 (13,254.14)	- 0.50¢ (104.29¢ US)	- $95.93 US ($1.31 US)	$4.524 (+ 1¢)	$1,602.40 (+ $12.30)

DAVID COOPER/TORSTAR NEWS SERVICE



▶ TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

T.O. top performer: Report

Kitchener, Ont. shows strong labour force ◐ Winnipeg keeps improving

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubled from the same period last year. Population growth is also among the highest in Canada.

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres.

Montreal topped CIBC's previous ranking but slipped to fifth.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth. THE CANADIAN PRESS

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- Excellent communication skills
- Media experience is an asset, but not required.

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We thank all applicants, however, only those selected for an interview will be contacted.

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HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO

After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green
August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to IKEA have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

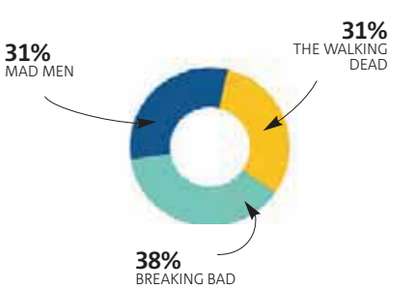
It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Local tweets

- **@jmseck:** Back to a normal evening after the retroness of last night's blackout. #ottawa
- **@one1marathon:** Cheap Trick, if u r not gun-shy, please come back to Ottawa soon (indoors!) 2 play a full set for us... i've waited a lifetime 2 c u guys!
- **@KellyAgnew:** This summer has been either severe thunderstorms, or blazingly hot and sunny...#ottawa
- **@chloecou:** Shania Twain needs twitter and she also needs to come to Ottawa and fulfill my dream of seeing her in concert.
- **@Frankie0331:** May have to walk to bridgehead with a thrown out back to charge my cell phone. Still no power. Old Ottawa south
- **@djallen66:** Apparently, Cheap Trick really brought down the house in Ottawa...Boooo!
- **@lindsaypangborn:** I think its fair to say Ottawa Bluesfest went out with a bang.. Too soon?

Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

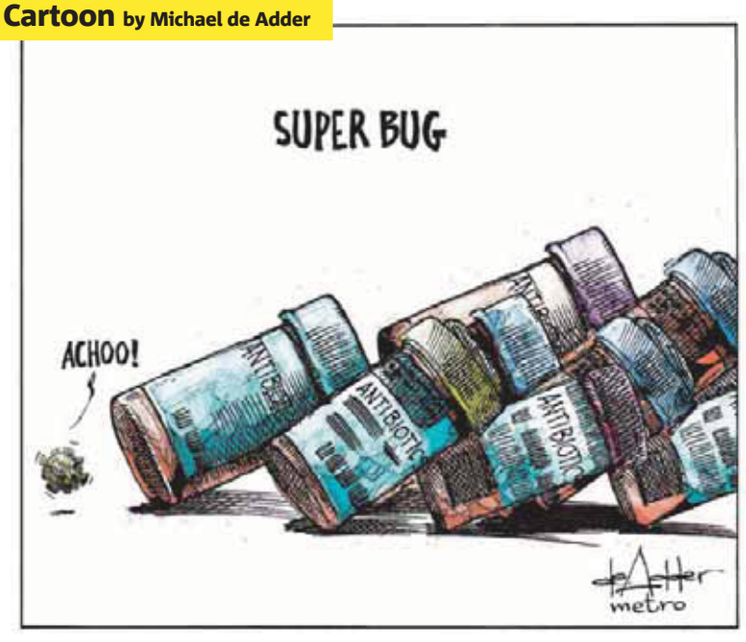
The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist —21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than $20,000 US.

THE ASSOCIATED PRESS

metro
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2 scene

Chris Evans vs. the world

Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
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Chris Evans know his life is changing, and he's been trying to prepare for it.

With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

HANDOUT

▶ Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

So now that the big week is here, how has it been?

It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?

If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?

I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...

I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice.

He's the best, man. He's given me a few pieces of wisdom. I've talked to him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?

(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?

Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

Ja Rule sentenced

Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court.

"I was a young man who made a lot of money — I'm getting a little choked up — I didn't know how to deal with this and didn't have people to guide me, so I made mistakes."

THE ASSOCIATED PRESS

Charlie Sheen to return in new sitcom based on the film Anger Management

DVD Releases

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Rango

Genre: Animated
Director: Gore Verbinski
Stars: Johnny Depp, Isla Fisher, Timothy Olyphant
◍◍◍

Just reading the ingredients of Rango's strange stew is enough to leave you as goggle-eyed as Johnny Depp's title lizard, a reptilian thespian lost in a Wild West burgh called Dirt.

You could imagine director Gore Verbinski and the resourceful Depp hatching Rango around a campfire or bong. The film is a combo western parody and Chinatown homage, by way of a Hunter S. Thompson drug hallucination and Roald Dahl adventure, with hat tips to The Wizard of Oz, Apocalypse Now, 2001: A Space Odyssey and other film milestones.

Rango is not really for children, despite the vivid animation by Industrial Light & Magic, which now seeks to challenge Pixar and DreamWorks. There are some scary things in it, notably a vicious serpent called Rattlesnake Jake, and the tale runs a tad long at 107 minutes.

But braver and more pop-savvy older kids will find it all a hoot — and so will adults. ● PETER HOWELL

Limitless

Genre: Sci-fi
Director: Neil Burger
Stars: Bradley Cooper, Robert De Niro
◍◍½

Limitless is all about pushing limits, and more than just the super genius IQ that Eddie Morra (Bradley Cooper) acquires through an experimental drug.

Directed by Neil Burger (The Illusionist), the film makes some dumb moves, but overall it's smart entertainment that even manages to make co-star Robert De Niro sound fully engaged.

Imagine if you could remember everything you've seen, heard and learned in your life, immediately summoning it with boundless energy.

All thanks to the mysterious NZT, delivered via a pill that looks like a clear button. It transforms Eddie from a down-and-out writer into a Wall Street winner. ● PETER HOWELL

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Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of — and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper."

METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting."

METRO

Daniel Radcliffe

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. "Q'Viva, the hotly anticipated 2012 celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced," a rep for the show's production company tells Us Weekly. "Both Jennifer and Mark are committed to the Q'Viva project and will work on it as planned. The show goes on."

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Celebrity tweets

@russellcrowe

"220 lbs this morning, started at 236.4 lbs"

@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman

"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"

@nicolerichie

"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

Bieber, Gomez: Wedding crashers

Couple surprises guests at a Malibu wedding over the weekend

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

METRO

GETTY IMAGES

▶ Justin Bieber and Selena Gomez

Kate to visit Queen in Scotland

GETTY IMAGES

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending time with Queen Elizabeth in Scotland at the end of August, according to the Telegraph.

"This is quite an important visit for Kate because, believe it or not, the Queen does not really know her very well at all," a source says.

"The Queen wants to get to know her ... The Queen needs to present Kate to Scotland."

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Glee's Colfer finds out fate of next season on Twitter

Glee star Chris Colfer had to find out that the show's upcoming season would be his last via Twitter.

The series' boss, Ryan Murphy, announced last week that the third season will end with several main characters graduating, only apparently forgot to tell the actors.

"I didn't necessarily know that it was going to be our last season next year," Colfer tells Access Hollywood. "I knew something like that was coming up eventually. I mean, we can't be there forever."

METRO

ISTOCK PHOTO

▶ You no longer need to worry about eating before you swim.

Eat up and dive in

Dispelling the myths surrounding swimming and chowing down ◐ University swim coach encourages his team to fuel up before their workouts ◐ Veggies, fruit and dairy help muscles

CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the current men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training. They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle. Vegetables and fruit, grains, and dairy products fuel active muscles.

Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

3 life

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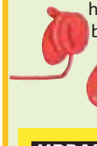

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DAVE CHIDLEY/THE CANADIAN PRESS

▶ New technologies are helping MedicAlert better deliver information to first responders.

MedicAlert is going high tech

Innovations helping paramedics prepare for helping patients ◐ Mobile apps and USB keys among new tech

It's a decidedly low-tech method responsible for saving countless lives across the country.

But as it marks 50 years in use in Canada, the MedicAlert system is beginning to have high-tech applications.

MedicAlert began in the United States in 1953 as a scrap of paper pinned to a child's coat after she almost died from an allergic reaction to a tetanus shot.

It was brought to Canada in 1961 by Dr. Maureen Roberts, a Halifax pediatrician.

Since then it has morphed into a line of over 100 products, all featuring the iconic modified caduceus emblem, but the premise remains the same: giving people with complicated medical conditions a way to communicate with paramedics in case of a medical emergency.

The MedicAlert foundation estimates there are over a million users of the system in Canada. They pay a yearly membership fee and also the cost of the bracelet, anklets or other device.

Over the years, other options have emerged for people looking to find a way to store crucial medical information.

MedicAlert-style tattoos are growing in popularity, and the high-tech revolution hasn't exactly passed the idea by.

There are dog-tags fitted with USB keys to hold the data and applications for BlackBerrys and iPhones.

But there is a reason the bracelet system has endured, said J.P. Trottier, public education information officer for the Ottawa Paramedic Service.

"Technology fails sometimes, computers don't work, they don't boot up, scanners don't work," he said."So you know what, (MedicAlert) is low-tech, but it works."

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WATCH OUT FOR THESE SIGNS OF POTENTIAL ORAL HEALTH ISSUES

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But we do not suggest eliminating those negatives by ignoring them and hoping they go away! Rather, when some of the negative signs of poor oral health appear, we believe in being proactive and eliminate them through healthy dental care.

So what are some of the **common signs of potential oral health issues?**

Let's start with consistent bad breath. This is not the type that you can have after certain meals. Rather, it is the type of bad breath that seems to be there no matter what you eat or drink. If regular brushing and flossing cannot alleviate the condition, you should consult your dentist.

The culprit behind your bad breath could be the **bacteria associated with gum disease.** This could be improved simply with better oral care procedures at home combined with more regular visits with your dentist. Your dentist can advise you as to whether more aggressive intervention might be required.

Dr. Wayne Perron
Dental Surgeon

Bad breath may also be the sign of a more serious, **underlying health condition.** Your dentist may recommend that you see your doctor if s/he is suspicious you may have such a condition.

If you notice that your **gums bleed regularly when you brush or floss**, you should mention this to your dentist. This again may indicate a problem with gum disease. However, bleeding can also be a sign of much more serious problems. For instance, if you also notice numbness in your mouth, red or white patches, or sores that do not heal, you may be looking at **oral cancer.**

As part of your **regular check up, your dentist should be looking for the early signs of oral cancer.** Like any other form of cancer, early detection is the key to successful treatment. So regular dental check-ups can help ensure such a condition is caught early.

Mouth soreness can be caused by any of a number of situations. It may be a poor bite that can be corrected with a **night guard or bite splint.** Perhaps it is the result of some form of trauma that may not have caused any serious damage at first glance. Either of these situations is worth looking into.

The bottom line is that these are warning signs of potential oral health issues that your dentist can usually correct. However, your dentist can only help you if you take the time to visit your dentist!

So take that time! Life is too short to put up with painful or unpleasant oral health issues! Correcting these situations is a healthy habit…and healthy habits lead to healthy lives.

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Of charm and great food

Murray's Market boasts fresh produce, homemade treats and take-out

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

One of my favourite restaurants in Ottawa is Murray Street Kitchen, where nose-to-tail, farm-to-table and locally sourced foods are the refrains. Now, the chefs from Murray Street have opened a general store and take-out shop just around the corner from their kitchen.

The wood planks and blackboards give this market old-fashioned charm. While you wait for your order, you can pick up fresh produce, homemade granola, artisan cheese, local milk and a glass of strawberry-steeped water from a glass beverage dispenser.

My feeding frenzy began with a unique "Charcutercone," a paper cone filled with salami, sausage, prosciutto and crispy chicken skin.

I also ordered a pulled pork sandwich. The tender, sweet and saucy pork was served with spring onions and lettuce inside a fresh poppy seed-crusted roll. On the side, I had the potato salad, cooked al dente with chunks of smoky sausage.

Murray's Market is charming and, best of all, completely satisfying.

Murray's Market
261 Dalhousie St.
613-789-3276
Reservations: No
Social lunch: Yes
Client negotiations: No
Quick solo lunch: Yes
Price range: $$
Rating: 4 out of 5

SHARI GOODMAN

▶ Pulled pork sandwich with potato salad.

THE CANADIAN PRESS H/O

Thai Chicken Burger

Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1. In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to taste. **THE CANADIAN PRESS/ SOBEYS COMPLIMENTS BALANCE**

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

GUARD YOUR PRECIOUS ALONE TIME WITH BABY

CHARLES THE BUTLER

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Hi Charles the Butler!
I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning to visit for the birth and for the weeks following. How do I tell them I'm more than happy that they all want to be here with me at such a special time, but that I need privacy for a few weeks to get adjusted to all of this?

Wanting alone time with my baby

Dear Wanting alone time with my baby:

ISTOCK

▶ Who isn't excited at the thought of a newborn baby?

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your somewhat overzealous family, however, is causing you anxiety and the baby has yet to even arrive!

I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has happened and everything is happy and healthy and settled we are asking that everyone please show some patience before we start booking visits.

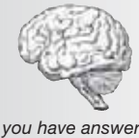
The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

HAVE A QUESTION? EMAIL AT ASKCHARLESTHEBUTER@METRONEWS.CA.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

There's a fine art to complaining

ON MONEY

ALISON GRIFFITHS
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I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about the meal, either the food or the service, mention that at the same time.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

ISTOCK

▶ A well-handled complaint can help improve service.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

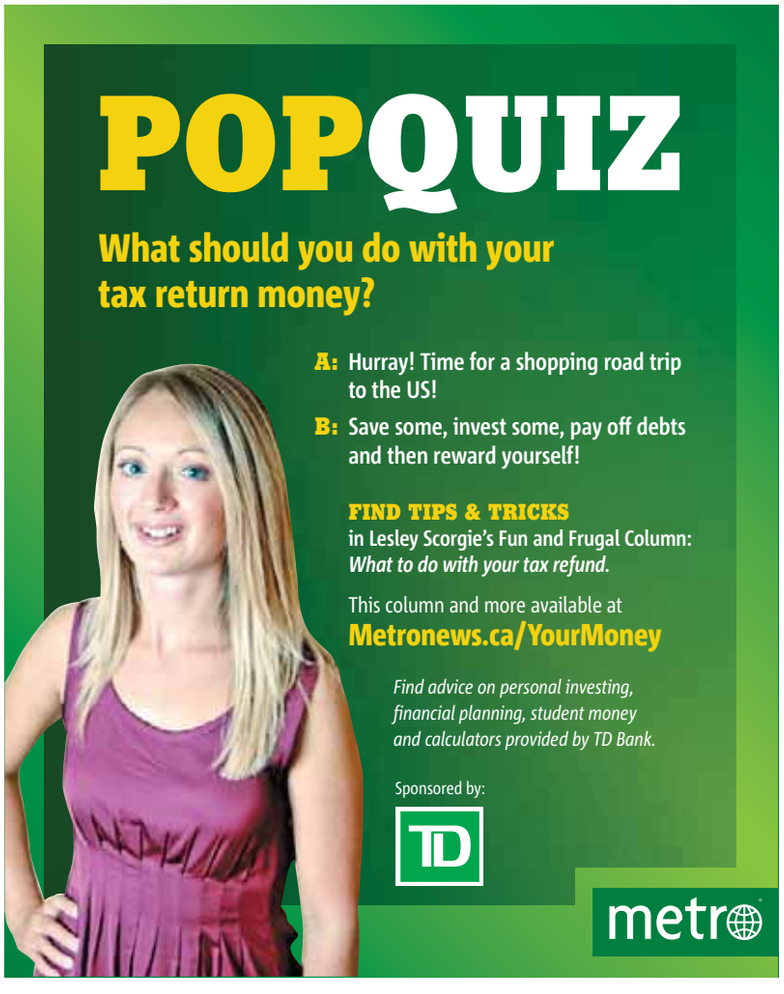
Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.


POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
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CHASE
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Wednesday, August 10th 4:00 p.m. – 8:00 p.m.
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careers.jpmorganchase.com

Tour de France. Rest day

▶ Three-time Tour de France winner Alberto Contador leans on a mailbox as he waits to begin training yesterday.

THE ASSOCIATED PRESS

Contador has steep climb ahead in quest for fourth Tour victory

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals. After 15 of 21 stages, the Spaniard says this year's race is "probably the hardest Tour I've done," with a combination of bad luck and a niggling knee injury making it difficult for him to launch his trademark attacks in the mountains. A fourth Tour title is still within Contador's grasp, but he must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler.

Can NFL season be saved?

League to update team execs if labour deal approved Thursday, sources say Topics would reportedly include the rookie salary system, guidelines for player transactions

Two people familiar with talks to end the NFL lockout tell The Associated Press that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business.

The people said the league's 32 clubs were told yesterday that topics would include the rookie salary system and guidelines for player transactions. They spoke to the AP on condition of anonymity because the process is supposed to remain confidential.

Owners are scheduled to hold a meeting in Atlanta on Thursday, where they could ratify a new labour contract — if one is reached by then. Club executives would be briefed in Atlanta on Thursday and Friday.

Any tentative agreement also must be approved by players, including star quarterbacks Tom Brady, Peyton Manning and Drew Brees and the other plaintiffs in a federal antitrust suit against the league.

Members of the NFL Players Association's executive committee and representatives of every team are heading to Washington tomorrow, in preparation for a possible vote.

NFLPA spokesman George Atallah said the players would be gathering "with the hope they have something to look at, and with the hope we can move forward on this."

"Nobody cheers for you at Mile 25 of a marathon. You still have to cross the finish line."
NFLPA SPOKESMAN GEORGE ATALLAH

Lawyers for the NFLPA and owners met yesterday in Manhattan to work on ending the lockout. They were joined in the afternoon by the court-appointed mediator, U.S. Magistrate Judge Arthur Boylan.

"The lawyers are hard at work in New York with the language and some of the things we agreed to last week," Atallah said in Washington. "As for face-to-face meetings between the principals, we will do that as necessary."

One issue still in the way, according to one person from each side of the dispute who also spoke on condition of anonymity, is players want owners to turn over $320 million US in benefits that weren't paid during the 2010 season. Because there was no salary cap that season, the old collective bargaining agreement said NFL teams were not required to pay those benefits.

THE ASSOCIATED PRESS

Penny says Tigers are close to contending

As the Detroit Tigers celebrated a much-needed victory, Brad Penny's thoughts were on the pennant race ahead.

Although Penny recovered nicely from some early struggles on the mound Sunday, he's well aware of what it will take for the Tigers to outlast a trio of other contenders in the AL Central. If Detroit can add another starting pitcher before the trade deadline, Penny is all for it.

"You bring another guy in — another No. 1, No. 2 starter — and you get to the playoffs with this team, we can win," the right-hander said after Sunday's 4-3 win over the Chicago White Sox. "Whatever helps the team win."

Justin Verlander has been outstanding, going 12-5 with a 2.29 ERA. The rest of the starters have been more erratic. Penny, Max Scherzer and Rick Porcello have ERAs between 4.47 and 4.78, and the other slot in the rotation is even murkier.

The Tigers were off yesterday and trailed first-place Cleveland by a half-game going into last night's action. **THE ASSOCIATED PRESS**

LEON HALIP/GETTY IMAGES

▶ Brad Penny

4 sports

Quoted

"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

BRITISH OPEN WINNER DARREN CLARKE. THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYING SHORTLY AFTER HE WALKED OFF THE 18TH GREEN ON SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.

Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	57	36	.613	—
New York	55	37	.598	1½
Tampa Bay	50	43	.538	7
Toronto	47	49	.490	11½
Baltimore	38	54	.413	18½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	50	44	.532	—
Detroit	50	45	.526	½
Chicago	46	49	.484	4½
Minnesota	44	50	.468	6
Kansas City	38	57	.400	12½

WEST DIVISION

	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

Yesterday's results
Cleveland 5 Minnesota 2 (1st game)
Boston at Baltimore
N.Y. Yankees at Tampa Bay
Chicago White Sox at Kansas City
Cleveland at Minnesota (2nd game)
Sunday's results
Detroit 4 Chicago White Sox 3
N.Y. Yankees 7 Toronto 2
Baltimore 8 Cleveland 3
Minnesota 4 Kansas City 3
Oakland 9 L.A. Angels 1
Texas 3 Seattle 1
Boston 1 Tampa Bay 0 (16 ings)
Tonight's games
Boston (Weiland 0-0) at Baltimore (Guthrie 3-13), 7:05 p.m.
Oakland (Moscoso 3-4) at Detroit (Porcello 8-6), 7:05 p.m.
Seattle (Pineda 8-6) at Toronto (Cecil 2-4), 7:07 p.m.
N.Y. Yankees (Colon 6-5) at Tampa Bay (Hellickson 8-7), 7:10 p.m.
Chicago White Sox (Peavy 4-3) at Kansas City (Duffy 1-4), 8:10 p.m.
Cleveland (Masterson 8-6) at Minnesota (Liriano 6-7), 8:10 p.m.
Texas (Ogando 9-3) at L.A. Angels (Chatwood 5-5), 10:05 p.m.
Tomorrow's games
Boston at Baltimore, 12:35 p.m.
Cleveland at Minnesota, 1:10 p.m.
Oakland at Detroit, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	59	35	.628	—
Atlanta	56	39	.589	3½
New York	47	47	.500	12
Washington	47	48	.495	12½
Florida	46	49	.484	13½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	51	45	.531	—
Pittsburgh	49	44	.527	½
St. Louis	50	45	.526	½
Cincinnati	47	48	.495	3½
Chicago	38	58	.396	13
Houston	31	64	.326	19½

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	41	.573	—
Arizona	51	44	.537	3½
Colorado	45	50	.474	9½
Los Angeles	42	53	.442	12½
San Diego	41	55	.427	14

Last night's results
Cincinnati at Pittsburgh
Florida at N.Y. Mets
Philadelphia at Chicago Cubs
Washington at Houston
Atlanta at Colorado
Milwaukee at Arizona
L.A. Dodgers at San Francisco
Sunday's results
Philadelphia 8 N.Y. Mets 5
Cincinnati 3 St. Louis 1
Atlanta 9 Washington 8
Pittsburgh 7 Houston 5 (11 ings)
Florida 7 Chicago Cubs 5
Milwaukee 4 Colorado 3
San Francisco 4 San Diego 3 (11 ings)
Arizona 4 L.A. Dodgers 1
Tonight's games
Cincinnati (Leake 8-4) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
San Diego (Stauffer 5-6) at Florida (Ani.Sanchez 6-2), 7:10 p.m.
St. Louis (Lohse 8-6) at N.Y. Mets (Gee 8-3), 7:10 p.m.
Philadelphia (Cl.Lee 9-6) at Chicago Cubs (Garza 4-7), 8:05 p.m.
Washington (Zimmermann 6-7) at Houston (Happ 3-11), 8:05 p.m.
Atlanta (Beachy 3-1) at Colorado (Jimenez 5-8), 8:40 p.m.
Milwaukee (Gallardo 10-6) at Arizona (Enright 1-3), 9:40 p.m.
L.A. Dodgers (R.De La Rosa 3-4) at San Francisco (Bumgarner 4-9), 10:15 p.m.
Tomorrow's games
Cincinnati at Pittsburgh, 12:35 p.m.
Washington at Houston, 2:05 p.m.
Philadelphia at Chicago Cubs, 2:20 p.m.
L.A. Dodgers at San Francisco, 3:45 p.m.
San Diego at Florida, 7:10 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Atlanta at Colorado, 8:40 p.m.
Milwaukee at Arizona, 9:40 p.m.

LATE SUNDAY

RED SOX 1, RAYS 0 (16 INGS)

Boston	ab	r	h	bi
Ellsury cf	8	0	0	0
Pedroia 2b	7	0	3	1
AdGnzl 1b	7	0	1	0
Youkils 3b	4	0	0	0
D.Ortiz dh	4	0	0	0
Sutton pr-dh	2	0	0	0
J.Drew rf	3	0	0	0
DMcDn ph-rf	1	0	0	0
Reddck lf	5	1	0	0
Varitek c	6	0	0	0
Scutaro ss	5	0	1	0
Totals	**52**	**1**	**5**	**1**

Tampa Bay	ab	r	h	bi
Damon dh	6	0	1	0
Zobrist rf	5	0	0	0
Longori 3b	5	0	1	0
Ktchm 1b	5	0	0	0
BUpton cf	6	0	0	0
Loaton c	3	0	0	0
Ruggin lf	3	0	0	0
SRdrgz 2b	6	0	1	0
Fuld lf	2	0	0	0
Joyce ph	1	0	0	0
Shppch c	2	0	0	0
Brignc ss	6	0	0	0
Totals	**50**	**0**	**3**	**0**

Boston	000	000	000	000	000	1	—	1
Tampa Bay	000	000	000	000	000	0	—	0

LOB—Boston 17, Tampa Bay 6. 2B—Pedroia (21). SB—Pedroia (17), Damon (8). S—Varitek, Shoppach.

Boston	IP	H	R	ER	BB	SO
Beckett	8	1	0	0	0	6
D.Bard	1	1	0	0	1	1
Albers	1 2-3	1	0	0	0	2
F.Morales	1 1-3	0	0	0	0	1
Aceves W,5-1	3	0	0	0	0	2
Papelbon S,21-22	1	0	0	0	0	1
Tampa Bay						
Niemann	8	2	0	0	2	10
Farnsworth	1	1	0	0	2	1
Jo.Peralta	1-3	0	0	0	1	0
Howell	2-3	0	0	0	3	0
McGee	1-3	0	0	0	1	1
J.Cruz	2-3	0	0	0	0	1
C.Ramos	1	0	0	0	0	0
B.Gomes	3	0	0	0	2	3
A.Russell L,1-2	1	2	1	1	1	0

T—5:44. A—21,504 (34,078).

AUTO RACING

NASCAR SPRINT CUP

MONEY LEADERS
(all figures in U.S. dollars)
1. Carl Edwards, US$5,427,417; 2. Kyle Busch, $3,654,892; 3. Kevin Harvick, $3,550,032; 4. Kurt Busch, $3,547,701; 5. Matt Kenseth, $3,527,372; 6. Jimmie Johnson, $3,428,622; 7. Clint Bowyer, $3,217,490; 8. Denny Hamlin, $3,141,968; 9. Jeff Gordon, $3,140,247; 10. Tony Stewart, $3,085,090.
11. Ryan Newman, $3,025,373; 12. Juan Pablo Montoya, $2,927,115; 13. Bobby Labonte, $2,676,453; 14. A J Allmendinger, $2,647,727; 15. Jamie McMurray, $2,640,154; 16. Marcos Ambrose, $2,616,617; 17. Regan Smith, $2,593,343; 18. David Ragan, $2,573,888; 19. Brad Keselowski, $2,548,958; 20. David Reutimann, $2,505,490.
POINTS LEADERS
Through July 17
1. Carl Edwards, 652p points; 2. Jimmie Johnson, 645; 3. Kurt Busch, 641; 4. Kevin Harvick, 637; 5. Kyle Busch, 632; 6. Matt Kenseth, 626; 7. Jeff Gordon, 587; 8. Ryan Newman, 586; 9. Dale Earnhardt, Jr., 577; 10. (tie), Denny Hamlin and Tony Stewart, 570.
12. Clint Bowyer, 542; 13. David Ragan, 524; (tie), 14. Kasey Kahne and Greg Biffle, 523; 16. A J Allmendinger, 515; 17. Juan Pablo Montoya, 511; 18. Joey Logano, 510; 19. Paul Menard, 506; 20. Mark Martin, 500.
21. Marcos Ambrose, 495; 22. Martin Truex Jr., 485; 23. Brad Keselowski, 475; 24. David Reutimann, 448; 25. Jeff Burton, 445; 26. Brian Vickers, 415; 27. Regan Smith, 410; 28. (tie), Bobby Labonte and Jamie McMurray, 400; 30. David Gilliland, 347.

TRANSACTIONS

BASEBALL

MLB—Announced Boston DH David Ortiz and Baltimore RHP Kevin Gregg had their four-game suspensions reduced to three games.

AMERICAN LEAGUE

BALTIMORE ORIOLES—Signed SS J.J. Hardy to a three-year contract extension. Placed RHP Alfredo Simon on the restricted list. Recalled 3B Josh Bell from Norfolk (IL). Selected the contract of RHP Mark Worrell from Norfolk. Recalled INF Josh Bell from Norfolk.
BOSTON RED SOX—Activated OF Carl Crawford from the 15-day DL. Optioned INF Drew Sutton to Pawtucket (IL).
CLEVELAND INDIANS—Placed OF Grady Sizemore on the 15-day DL. Recalled RHP David Huff from Columbus (IL).
NEW YORK YANKEES—Placed INF Ramiro Pena on the 15-day DL. Recalled INF Brandon Laird from Scranton/Wilkes-Barre (IL).
TAMPA BAY RAYS—Recalled C Robinson Chirinos, RHP Alex Cobb and LHP Alex Torres from Durham (IL). Designated RHP Adam Russell for assignment. Placed C Jose Lobaton and RHP Juan Cruz on the 15-day DL.
TORONTO BLUE JAYS—Reinstated RHP Jesse Litsch from the 15-day DL and optioned him to Las Vegas (PCL).

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

Friday's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday, July 23
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday, July 24
Saskatchewan at Montreal, 7 p.m.

TENNIS

ATP BET-AT-HOME OPEN

At Hamburg, Germany
Yesterday's results
Singles
First Round
Sergiy Stakhovsky, Ukraine, def. Maximo Gonzalez, Argentina, 6-2, 6-3.
Jarkko Nieminen, Finland, def. Santiago Giraldo, Colombia, 6-4, 6-3.
Albert Ramos, Spain, def. Adrian Mannarino, France, 6-2, 6-4.
Bastian Knittel, Germany, def. Ivan Dodig, Croatia, 6-4, 6-3.
Victor Crivoi, Romania, def. Guillermo Olaso, Spain, 6-4, 6-3.
Carlos Berlocq, Argentina, def. Robin Haase, Netherlands, 6-2, 6-2.
Tobias Kamke, Germany, def. Pere Riba, Spain, 6-1, 6-1.
Lukas Rosol, Czech Republic, def. Potito Starace, Italy, 7-6 (5), 6-1.
Julian Reister, Germany, def. Denis Istomin, Uzbekistan, 6-3, 6-4.

WTA BAKU CUP

At Baku, Azerbaijan
Singles
First Round
Mariya Koryttseva, Ukraine, def. Elena Baltacha (6), Britain, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Sofia Shapatava, Georgia, 6-0, 6-0.
Vesna Dolonts, Russia, def. Alona Bondarenko, Ukraine, 6-3, 6-3.
Doubles
First Round
Tetyana Arefyeva, Ukraine, and Anastasiya Yakimova, Belarus, def. Anastasia Pavlyuchenkova and Vera Zvonareva (3), Russia, 6-3, 6-3.
Daniella Dominikovic, Australia, and Nopawan Lertcheewakarn, Thailand, def. Ekaterine Gorgodze, Georgia, and Maria Zharkova, Russia, 7-6 (5), 4-6, 10-4 (tiebreak).
Nigina Abduraimova, Uzbekistan, and Kamilla Farhad, Azerbaijan, def. Sofia Kvatsabaia, Georgia, and Marina Shamayko, Russia, 6-4, 6-3.

ATP ATLANTA CHAMPIONSHIPS

At Norcross, Ga.
Singles
First Round
Somdev Devvarman (8), India, def. Ryan Sweeting, U.S., 6-4, 3-6, 6-4.
Michael Russell, U.S., def. Donald Young, U.S., 6-0, 6-3.
Gilles Muller, Luxembourg, def. Alex Bogomolov, Jr., U.S., 6-3, 7-6 (6).
Tatsuma Ito, Japan, def. Michael Berrer, Germany, 7-6 (6), 6-4.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	21	6	4	11	34	24	29
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	25	18
Toronto	21	3	9	9	17	36	18
New England	19	3	9	7	16	27	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Sunday's result
Philadelphia 3 New England 0
Tomorrow's games
All Times Eastern
New England at D.C. United, 7:30 p.m.
Dallas at Toronto, 8 p.m.
New York at Colorado, 9:30 p.m.
Vancouver at San Jose, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.
Saturday, July 23
Dallas at New York, 6 p.m.
Portland at Columbus, 8 p.m.
Toronto at Kansas City, 8:30 p.m.
New England at Colorado, 9 p.m.
San Jose at Real Salt Lake, 10 p.m.
Houston at Chivas USA, 10:30 p.m.

2011 FIFA WOMEN'S WORLD CUP

FINAL

Sunday's result
At Frankfurt
Japan 2 U.S. 2
(Japan wins title 3-1 on penalty kicks)

2011 COPA AMERICA

At Sites in Argentina

QUARTER-FINALS

Sunday's results
At La Plata
Brazil 0 Paraguay 0
(Paraguay advances 2-0 on penalties)
At San Juan
Venezuela 2 Chile 1

SEMIFINALS

Tonight's game
All Times Eastern
At La Plata
Peru vs. Uruguay, 8:45 p.m.
Tomorrow's game
At Mendoza
Paraguay vs. Venezuela, 8:45 p.m.

NASL

Sunday's results
Atlanta 2 Montreal 2
Tampa Bay 2 Edmonton 1
Puerto Rico 1 Minnesota 0
Tomorrow's game
All Times Eastern
Fort Lauderdale at Puerto Rico, 8:05 p.m.

GOLF

PGA FEDEXCUP LEADERS

Through July 17

	Points	Money
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,741	$3,497,523
3. K.J. Choi	1,561	$3,694,242
4. Phil Mickelson	1,531	$3,186,521
5. Bubba Watson	1,486	$3,064,485
6. Luke Donald	1,455	$3,550,248
7. Mark Wilson	1,365	$2,736,690
8. Matt Kuchar	1,306	$2,878,861
9. Webb Simpson	1,284	$2,557,043
10. David Toms	1,280	$2,920,730
11. Gary Woodland	1,275	$2,428,363
12. Brandt Snedeker	1,191	$2,392,395
13. Jason Day	1,181	$2,776,587
14. Dustin Johnson	1,170	$2,636,965
15. Fredrik Jacobson	1,166	$2,117,034
16. Martin Laird	1,165	$2,348,956
17. Jonathan Byrd	1,154	$2,358,204
18. Rory Sabbatini	1,153	$2,222,325
19. Aaron Baddeley	1,112	$2,329,848
20. Hunter Mahan	1,072	$2,181,312
21. Charl Schwartzel	1,034	$2,171,272
22. Bill Haas	958	$1,750,741
23. Charles Howell III	955	$1,763,768
24. Steve Marino	935	$1,821,556
25. D.A. Points	905	$1,719,033
26. Spencer Levin	904	$1,740,806
27. Chris Kirk	902	$1,730,397
28. Jhonattan Vegas	896	$1,586,468
29. Keegan Bradley	891	$1,822,168
30. Zach Johnson	855	$1,482,972
31. Ryan Palmer	853	$1,661,145
32. Jason Dufner	813	$1,678,060
33. Vijay Singh	799	$1,532,130
34. Y.E. Yang	782	$1,678,189
35. Ryan Moore	782	$1,520,023
36. Lucas Glover	767	$1,503,572
37. Justin Rose	760	$1,469,920
38. Brendan Steele	756	$1,460,104
39. Tommy Gainey	745	$1,457,851
40. Bo Van Pelt	744	$1,507,116
Also		
128. Stephen Ames	**289**	**$482,930**
131. David Hearn	**279**	**$417,594**

CYCLING

TOUR DE FRANCE

STANDINGS

Following Sunday's 15th stage
1. Thomas Voeckler, France, Europcar, 65 hours, 24 minutes, 34 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49 behind leader; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:15; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:44; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 5:46; 10. Kevin De Weert, Belgium, Quick Step, 6:18.
11. Rigoberto Uran, Colombia, Sky Procycling, 7:55; 12. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:20; 15. Haimar Zubeldia, Spain, RadioShack, 9:50; 16. Peter Velits, Slovakia, HTC-Highroad, 10:01; 17. Arnold Jeannesson, France, Francaise des Jeux, 10:05; 18. Nicolas Roche, Ireland, AG2R La Mondiale, 10:56; 19. Sandy Casar, France, Francaise des Jeux, 11:54; 20. Jelle Vanendert, Belgium, Omega Pharma-Lotto, 12:06.
Canadian — 32. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.

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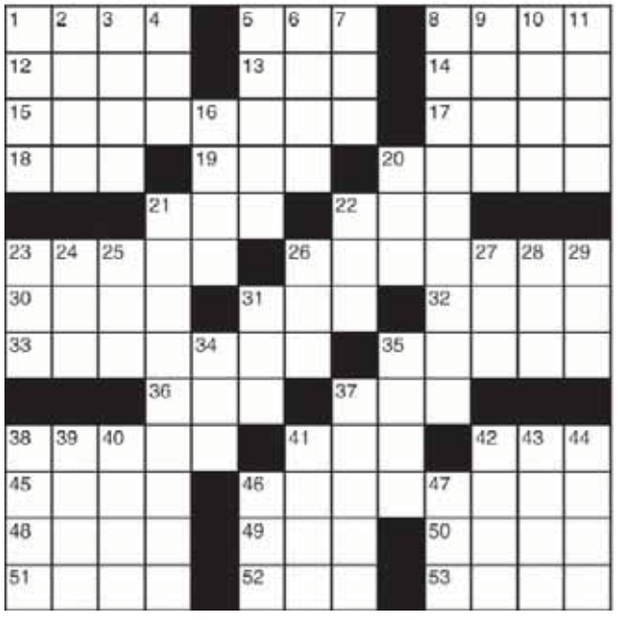
Crossword



Across

1 Completely occupy
5 Bashful
8 Taxis
12 Vicinity
13 Started
14 Fairy tale baddie
15 Hides
17 Tide type
18 Halves of ems
19 Tear
20 No liability
21 Prisoner
22 Insecticide letters
23 Choir members
26 Interpret wrongly
30 Bridle strap
31 Peace (Lat.)
32 Very unattractive
33 The Alamo, e.g.
35 Range
36 Explosive letters
37 Write in the margins
38 Hybrid eating utensil
41 Triumphed
42 Luau bowlful
45 Arizona tribe
46 Solidifies
48 Oil cartel
49 In vitro cells
50 Billion (Pref.)
51 Fender bender
52 Affirmative
53 Black and white?

Down

1 Confront
2 Press
3 Camera part
4 Fond du —, Wis.
5 Dispatched
6 Aid
7 Football meas.
8 Build
9 A very long time
10 Highland hillside
11 Labor Day mo.
16 Love god
20 Billboards
21 Squeeze
22 New Jersey fort
23 Upper limb
24 Floral garland
25 "— the season ..."
26 Fellow
27 Id counterpart
28 Swiss mountain
29 Colouring agent
31 Cauldron
34 Tattooist's supply
35 Melody
37 Surname of singing siblings Joe, Nick and Kevin
38 Not barefoot
39 Vatican VIP
40 Remove the lid
41 Used a loom
42 Twosome
43 Gymnast Korbut
44 "— a Little Prayer"
46 Demure
47 Silly Putty container

▶ Monday's answer

Sudoku

		4	7		2	6		
	9	5		1			4	
7		2				1	5	3
4			6		9			7
	6			7			3	
8			2		3			5
1	4	6				3		9
	2			3		5	8	
		8	9		7	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	8	6	1	9	2	7	4	5
9	4	2	3	7	5	6	1	8
7	5	1	8	4	6	2	9	3
5	2	7	4	1	9	3	8	6
6	1	8	2	3	7	9	5	4
4	3	9	5	6	8	1	2	7
1	9	3	7	5	4	8	6	2
8	7	4	6	2	1	5	3	9
2	6	5	9	8	3	4	7	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Christian the Great, You are far more interesting than you are good looking. Embrace the heat.
ELENORE

Steven, hope your having fun at Auntie Aimee and uncle Dans!!! I miss you very much cant wait for you to come home love you pooh bear!!!!!!!!!!!!!! Xxxxxxxxxxxxxxxxoooooooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?
BROWN LOVER LOOKING 4U

Today
27°/19°
Sunny
Wednesday
32°/23°
Sunny
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Don't take risks today, and especially don't take risks with your money.

♉ Taurus April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ Gemini May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ Cancer June 22-July 22 Steer clear of extremes.

♌ Leo July 23-Aug.23 You can, of course, get what it is you desire through sheer force of personality, but a better way by far is to get it through charm and cooperation.

♍ Virgo Aug. 24- Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ Libra Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ Scorpio Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ Sagittarius Nov. 23-Dec. 21 Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ Capricorn Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ Aquarius Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ Pisces Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

SALLY BROMPTON

PETR DAVID JOSEK/THE ASSOCIATED PRESS

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

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